

PRBB Intervals Course Proposal

Course Title The science of the unexpected: improvisation for scientist

Proposed date(s) May 10, 2023

Course Language English

Course Leader(s) and very brief summary of relevant qualifications and experience (no more than 2 lines for each trainer)

Monica Ixchel Castillo Salgado is a Political Scientist, Educator, Actress and Dancer from Mexico. Besides co-delivering sessions on Improvisation and Body Language and facilitating on the topics of Improvisation, Moonshot Thinking, Communication and High Performing Teams, she ensures that Performing Ideas customers have the best possible experience. She has degrees in Political Science, Theatre and Corporeal Mime.

Rationale for course (why is this course of interest for the PRBB staff?)

Scientists spend much of their time working on the minute details of their work and speaking to colleagues who speak “the same language”. Improvisation can teach scientists to explain their work in multiple vivid ways, thus helping both their audience and the scientist themselves better understand and appreciate their work. It is also extremely useful for effectively responding to unplanned public speaking challenges such as answering questions or making impromptu talks.

Course aim – general

Get out of your head and into your whole body and more be observant of others

Bring your personality and passion into your scientific work

Trust your intuition

Achieve greater clarity and vividness when explaining science

Know how to respond to unplanned public speaking challenges such as answering questions or making impromptu talks.

Specific learning outcomes (what new skills, knowledge &/or attitudes will participants to take away from the course?)

Awareness of personal communication style

Awareness of other people’s differing communication styles

A more creative and intuitive approach to science and scientific communication

Impactful presentations and explanations of complex scientific work

Have a framework to respond to unexpected public speaking demands

Course contents (outline of topics to be covered)

Bring science to life for yourself and others

Using your most powerful communication tool – your body

Creativity is opening your eyes, not closing them and retreating into your mind.

Overcoming fear and inhibitions

Training methods

Improvisation exercises in pairs and in a group

Active listening exercises

Body language exercises – mime and role playing

Individual presentations

Target group in PRBB (Senior scientists, postdocs, predocs, management/admin staff, all residents)

Everybody at PRBB, cross-disciplinary

Number of participants (maximum) 10

Total course hours (Please specify: direct training with instructor present and required self-study)

Note: only the direct training hours will be included in the post-course certificate.

Number of hours of class time: 4

Number of hours of self-study: 0

Total number of course hours: 4

Distribution of course (hours/days): 4 hours, from 9:30 to 13:30h CET.

Pre-course preparation and/or between sessions? --

Material participants need to bring (laptops, etc...) Nothing

Relevant background reading/ audiovisual/websites or other materials --